

Take the Pledge

To help every baby sleep safer

Every year in the United States, more than 3,500 infant deaths occur due to accidental suffocation, asphyxia, SIDS, and other undetermined causes.

To save lives and spread awareness I pledge to:

- Follow the ABCs of Safe Sleep: alone, on the back, in a crib.
- Encourage my friends and family to follow the ABCs of infant safe sleep.
- Speak up if I see a baby sleeping in a dangerous environment.
- Share the infant safe sleep message with the people in my day-to-day life.

Signature: _____

Date: _____



Follow the rules of infant safe sleep:



Alone Nothing and no one in the baby's sleep area.



Back Babies should always sleep on their back. Not on the side and stomach.



Crib Babies should always sleep in a safety approved sleep environment like a bassinet, full size crib, or portable crib. The baby should never sleep on an adult bed, couch, or chair.

Take the pledge online:

Go to safesleepacademy.org/take-the-pledge
Once you do, your name will appear on the Safe Sleep Hall of Fame!



In addition to taking the pledge, you can take the next step!
You can become a Safe Sleep Ambassador too!

Go to cribsforkids.org/safe-sleep-ambassador